AIR NATIONAL GUARD FITNESS PROGRAM

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FITNESS PROGRAM

- Purpose
- AF Fitness Program
- ANG Fitness Program
- How the ANG Fitness Program “stacks up”
- The Future of Fitness in the ANG

PURPOSE OF THE FITNESS PROGRAM

- Fitness ensures unit readiness
- A fit unit is a unit prepared for any contingency

AF FITNESS PROGRAM

- Cardio-Respiratory (Aerobic) Fitness
  - Cycle ergometry test
- Muscular Fitness
  - New requirement beginning July 2000
  - Push ups & crunches
  - Standards to be finalized in January 2002

ANG FITNESS PROGRAM

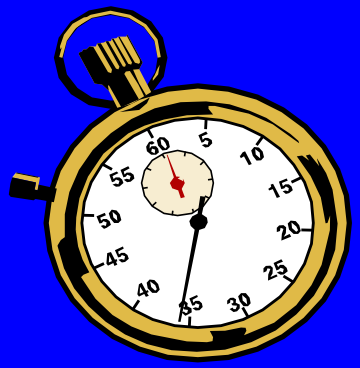
- Cardio-Respiratory (Aerobic) Fitness
  - Traditional Walk-Run
  - Fitness Enhancement Program
    - 90 day re-test
    - “satisfactory performance”

- Muscular Fitness
  - Nothing

ANG FITNESS PROGRAM NOT IN COMPLIANCE WITH DoD STANDARDS

- ANG/SA Letter dated 23 March 2001
  - No assessment of muscular strength
  - Run increases risk of fatal cardiac events
  - Walk simply inadequate aerobic measure

ANG FITNESS IN THE FUTURE



- Muscular fitness assessment
  - 2001 is a practice year
  - January 2002 is when push-ups and crunch standards will be enforced

- Cardio respiratory (aerobic) assessment
  - Walk-run used until end of 2001
  - ANG testing sub-maximal stress test similar to AF

COMMON PITFALLS

- Are units really practicing?
- Integrity of testing
- Administrative Sanctions—are we prepared to “walk the walk”

QUESTIONS/COMMENTS / CONFUSION?